



89 ^{BEN} SIMS

TE | 6'5" | 251 | BAYLOR '23

NFL EXP. 4 | DOLPHINS EXP. 1 | BORN 05/16/00 | ACQUIRED FA, '26

HOMETOWN SAN ANTONIO, TEXAS

NFL CAREER

TRANSACTIONS:

- Signed by Miami as an unrestricted free agent from Minnesota on March 17, 2026.
- Awarded off waivers to Minnesota on Oct. 27, 2025.
- Waived by Green Bay on Oct. 25, 2025.
- Awarded off waivers to Green Bay on Aug. 30, 2023.
- Waived by Minnesota on Aug. 29, 2023.
- Signed by Minnesota as an undrafted college free agent on May 1, 2023.

CAREER HIGHLIGHTS:

- Played in 45 career games with 8 starts.
- 11 receptions for 93 yards (8.5 avg.) and 1 TD.
- Played in 2 postseason games with Green Bay.

2025 (GREEN BAY/MINNESOTA):

- Played in 8 games with 2 starts with Minnesota.
- Inactive for 2 games with Minnesota.
- 3 receptions for 30 yards (10.0 avg.) with Minnesota.
- Played in 3 games with Green Bay.
- Inactive for 3 games with Green Bay.

VS. GREEN BAY (1/4): 1 reception for 18 yards.

2024 (GREEN BAY):

- Played in all 17 games with 5 starts.
- 4 receptions for 42 yards (10.5 avg.).

VS. ARIZONA (10/13): 2 receptions for 38 yards (19.0 avg.).

2023 (GREEN BAY):

- Played in all 17 games with 1 start.
- 4 receptions for 21 yards (5.3 avg.) and 1 TD.

AT CHICAGO (9/10): Played but did not record any stats.

- Made his NFL debut.

VS. KANSAS CITY (12/3): 1 reception for 1 yard and 1 TD.

- Caught a 1-yard TD pass from QB Jordan Love with 7:13 remaining in the 1st quarter.
- It was the first TD of his career.

AT CAROLINA (12/24): Played but did not record any stats.

- Made his 1st NFL start.

POSTSEASON:

NFC WILD CARD AT DALLAS (1/14): Played but did not record any stats.

NFC DIVISIONAL AT SAN FRANCISCO (1/20): 1 reception for 4 yards.

BEFORE THE NFL

COLLEGE (BAYLOR):

- 4-year letterman (2019-22).

CAREER: Played in 40 games with 30 starts; 78 receptions for 785 yards (10.1 avg.) and 12 TDs; 2 carries for 2 yards and 2 TDs.

- His 12 touchdowns holds the all-time record at Baylor for career TDs by a TE.

REDSHIRT SENIOR (2022): Played in all 12 games with 11 starts; 31 receptions for 255 yards (8.2 avg.) and 3 TDs; 1 carry for 1 yard and 1 TD.

- Honorable mention All-Big 12.

REDSHIRT JUNIOR (2021): Played in all 14 games with 13 starts; 31 receptions for 361 yards (11.6 avg.) and 6 TDs; 1 carry for 1 yard and 1 TD.

- Honorable mention All-Big 12.

REDSHIRT SOPHOMORE (2020): Started in 6 games; 14 receptions for 164 yards (11.7 avg.) and 3 TDs.

REDSHIRT FRESHMAN (2019): Played in 8 games; 2 receptions for 5 yards (2.5 avg.).

TRUE FRESHMAN (2018): Played in 3 games.

- Redshirted.

HIGH SCHOOL (CLARK HS - SAN ANTONIO, TEXAS)

SENIOR (2017): 24 receptions for 444 yards (18.5 avg.) and 7 TDs.

JUNIOR (2016): 30 receptions for 477 yards (15.9 avg.) and 2 TDs.

OFF THE FIELD

PERSONAL:

- **MAJOR:** Environmental studies.

BEN SIMS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					NO.	RUSHING				
				NO.	YDS.	AVG.	LG	TD		YDS.	AVG.	LG	TD	
2023	Green Bay	17	1	4	21	5.3	12	1	0	0	0.0	0	0	
2024	Green Bay	17	5	4	42	10.5	28	0	0	0	0.0	0	0	
2025	Green Bay	3	0	0	0	0.0	0	0	0	0	0.0	0	0	
2025	Minnesota	8	2	3	30	10.0	18	0	0	0	0.0	0	0	
2025	TOTAL	11	2	3	30	10.0	18	0	0	0	0.0	0	0	
NFL TOTALS		45	8	11	93	8.5	28	1	0	0	0.0	0	0	



BEN SIMS' NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING			LG	TD	RUSHING			LG	TD
				NO.	YDS.	AVG.			NO.	YDS.	AVG.		
2023	Green Bay	2	0	1	4	4.0	4	0	0	0	0.0	0	0
2024	Green Bay	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		2	0	1	4	4.0	4	0	0	0	0.0	0	0

SINGLE-GAME HIGHS: RECEIVING

Receptions
Receiving Yards
Longest Receptions
Receiving TDs

2 vs. Arizona, Oct 13, 2024
38 vs. Arizona, Oct 13, 2024
28 vs. Arizona, Oct 13, 2024
1 vs. Kansas City, Dec 03, 2023

All-Purpose Yards
Most TDs
Scrimmage Yards

38 vs. Arizona, Oct 13, 2024
1 vs. Kansas City, Dec 03, 2023
38 vs. Arizona, Oct 13, 2024

2023 GXG REGULAR-SEASON (GREEN BAY)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/10	at Chicago	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-20
09/17	at Atlanta	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-25
09/24	New Orleans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	18-17
09/28	Detroit	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-34
10/09	at Las Vegas	P	1	12	12.0	12	0	0	0	0.0	0	0	L	13-17
10/22	at Denver	P	1	2	2.0	2	0	0	0	0.0	0	0	L	17-19
10/29	Minnesota	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-24
11/05	L.A. Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-3
11/12	at Pittsburgh	P	0	0	0.0	0	0	0	0	0.0	0	0	L	19-23
11/19	L.A. Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20
11/23	at Detroit	P	0	0	0.0	0	0	0	0	0.0	0	0	W	29-22
12/03	Kansas City	P	1	1	1.0	1t	1	0	0	0.0	0	0	W	27-19
12/11	at N.Y. Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	L	22-24
12/17	Tampa Bay	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-34
12/24	at Carolina	S	0	0	0.0	0	0	0	0	0.0	0	0	W	33-30
12/31	at Minnesota	P	1	6	6.0	6	0	0	0	0.0	0	0	W	33-10
01/07	Chicago	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-9
2023 TOTALS		17-1	4	21	5.3	12	1	0	0	0.0	0	0	9-8	

2024 GXG REGULAR-SEASON (GREEN BAY)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/06	at Philadelphia	P	0	0	0.0	0	0	0	0	0.0	0	0	L	29-34
09/15	Indianapolis	P	0	0	0.0	0	0	0	0	0.0	0	0	W	16-10
09/22	at Tennessee	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-14
09/29	Minnesota	P	0	0	0.0	0	0	0	0	0.0	0	0	L	29-31
10/06	at L.A. Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-19
10/13	Arizona	S	2	38	19.0	28	0	0	0	0.0	0	0	W	34-13
10/20	Houston	S	1	2	2.0	2	0	0	0	0.0	0	0	W	24-22
10/27	at Jacksonville	S	0	0	0.0	0	0	0	0	0.0	0	0	W	30-27
11/03	Detroit	S	0	0	0.0	0	0	0	0	0.0	0	0	L	14-24
11/17	at Chicago	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-19
11/24	San Francisco	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-10
11/28	Miami	S	0	0	0.0	0	0	0	0	0.0	0	0	W	30-17
12/05	at Detroit	P	1	2	2.0	2	0	0	0	0.0	0	0	L	31-34
12/15	at Seattle	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-13
12/23	New Orleans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-0
12/29	at Minnesota	P	0	0	0.0	0	0	0	0	0.0	0	0	L	25-27
01/05	Chicago	P	0	0	0.0	0	0	0	0	0.0	0	0	L	22-24
2024 TOTALS		17-5	4	42	10.5	28	0	0	0	0.0	0	0	11-6	



2025 GXG REGULAR-SEASON (GREEN BAY/MINNESOTA)

DATE	OPPONENT	P/S	RECEIVING				LG	TD	RUSHING				LG	TD	W/L/T	SCORE
			NO.	YDS.	AVG.				NO.	YDS.	AVG.					
09/07	Detroit								INACTIVE						W	27-13
09/11	Washington								INACTIVE						W	27-18
09/21	at Cleveland	P	0	0	0.0	0	0	0	0	0	0.0	0	0	0	L	10-13
09/28	at Dallas	P	0	0	0.0	0	0	0	0	0	0.0	0	0	0	T	40-40+
10/12	Cincinnati	P	0	0	0.0	0	0	0	0	0	0.0	0	0	0	W	27-18
10/19	at Arizona								INACTIVE						W	27-23
10/26	at Pittsburgh								NOT ON ANY TEAM						W	35-25
									Went from Green Bay to Minnesota .							
11/02	at Detroit								INACTIVE						W	27-24
11/09	Baltimore	S	0	0	0.0	0	0	0	0	0	0.0	0	0	0	L	19-27
11/16	Chicago								INACTIVE						L	17-19
11/23	at Green Bay	P	0	0	0.0	0	0	0	0	0	0.0	0	0	0	L	6-23
11/30	at Seattle	P	0	0	0.0	0	0	0	0	0	0.0	0	0	0	L	0-26
12/07	Washington	P	1	9	9.0	9	0	0	0	0	0.0	0	0	0	W	31-0
12/14	at Dallas	P	0	0	0.0	0	0	0	0	0	0.0	0	0	0	W	34-26
12/21	at N.Y. Giants	P	0	0	0.0	0	0	0	0	0	0.0	0	0	0	W	16-13
12/25	Detroit	S	1	3	3.0	3	0	0	0	0	0.0	0	0	0	W	23-10
01/04	Green Bay	P	1	18	18.0	18	0	0	0	0	0.0	0	0	0	W	16-3
2025 TOTALS		11-2	3	30	10.0	18	0	0	0	0	0.0	0	0	0	11-5-1	

+ - Overtime